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This service distributes news and information to
Sailors and Marines, their families, civilian employees,
and retired Navy and Marine Corps families. Further
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MN97190. 15 Navy Hospitals, Clinics Now Have Pharmacy
Satellites

Fifteen Navy hospitals and clinics now have auxiliary
pharmacy outlets for patients to pick up their
prescriptions, decreasing waiting time and relieving traffic
congestion at some hospitals.

Seven of these satellites are located in exchanges or
commissaries so patients can get their prescriptions while
they shop. Other satellites are located in new, stand-alone
buildings or trailers. Some offer longer hours so that
patients can pick up their prescriptions after work or on
the weekend.

All 15 of the satellites have phone-in refill service.
Patients call in the day before to order their
prescriptions, and the medication is packaged and ready for
pick up the following day.

"These satellite pharmacies are designed to increase
service to the customer," said CAPT David R. Woker, MSC,
Navy Medicine's specialty advisor for pharmacy matters. He
expects more pharmacy satellites to sprout up near Navy
health care facilities as an added convenience for the
patient-customer.

Most of the satellites provide only refills of
prescriptions patients are currently taking. New

prescriptions usually must be filled at the hospital or clinic main pharmacy so the pharmacist or pharmacy technician can meet with the patient.

"One-on-one with the patient helps pharmacists or pharmacy technicians clarify how the medication should be taken and what to do if they have any problems with it," said Woker.

The 15 satellites are located at:

- Marine Corps Exchange, Cherry Point, NC
- Navy Exchange Great Lakes, IL
- Marine Corps Exchange, Camp Lejeune, NC
- Navy Exchange, Millington, TN
- Pharmacy Refill Building, NAS Jacksonville, FL
- Pharmacy Refill Building, Camp Pendleton, CA
- Flight Line, NAS Sigonella, Sicily
- Commissary, Parris Island, SC
- Refill Trailer, NB Mayport, FL
- Bancroft Hall, Naval Academy, Annapolis, MD
- Pharmacy Refill Building, NB Bremerton, WA
- Scott Center Refill Building, Portsmouth, VA
- Pharmacy Refill Building, NNMCMC Bethesda, MD
- Navy Exchange, NAS Oceana, VA
- Pharmacy Refill Site, downtown London, GB

By Jan Davis, Bureau of Medicine and Surgery

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MN97191. Corpsman Conducts "Musical" House Calls

Remember the children's game musical chairs? HMC (SW/AW) William K. Crosby from the Admiral Joel T. Boone Branch Medical Clinic is conducting his own version between the School of Music and the Expeditionary Warfare Training Group (EWTG), both at Little Creek Naval Amphibious Base in Virginia.

Crosby holds two hours of sick call for students five days a week at the School of Music and three days a week at EWTG.

The in-house sick call serves the students who often have no transportation to get to the Boone clinic. Crosby's roving sick call cuts down on the amount of time students are absent from training because their care comes to them.

"It's sort of like sick call afloat. We took it ashore," said Crosby.

The in-house sick call program is designed to treat uncomplicated medical problems such as colds, acute injuries, sprains, headaches, stomach aches, and minor emergencies.

Each school has a medicine locker, which Crosby keeps stocked with over-the-counter medications like Tylenol, cough syrup and decongestants. More seriously ill students are sent to the Boone Clinic.

"I have a laptop computer and can access the computer at Boone Clinic if necessary to make appointments or to have prescription medication filled. Whatever we can do to aid service members, I'm all for it," said Crosby.

The in-house sick call program has been so successful that it may be expanded in the future to include more hours and other resident commands at the base.

By Denise D. Paul, The Flagship, and Vera Ando-Winstead,
Bureau of Medicine and Surgery

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MN97192. BUMED, Recruiting Co-Produce Dental Video

Washington, DC - Think a career in the Navy as a dentist might be for you? The Bureau of Medicine and Surgery (BUMED) and Navy Recruiting Command have co-produced a new video for college students that shows what life in the Navy's Dental Corps has to offer.

"We found from research conducted with 'focus groups' that people had a lot of misconceptions about military dentistry," said CAPT George Graf, DC, deputy to the chief of the Navy Dental Corps. Graf said the video helps dispel the beliefs that Navy dentists work out of antiquated spaces, spend all their time aboard ships, have no time to relax, and have few professional challenges.

Graf said that these myths are exactly that - myths.

"Navy dentists have the same challenges and opportunities as dentists within the civilian community and additional opportunities unique to military service," said Graf. Graf also said there are many advantages to being a Navy dentist that the video illustrates, including top-notch equipment and office spaces, postgraduate educational opportunities, great liberty, regular work hours, professional camaraderie, and world travel. Two individuals interviewed in the video are a married couple who discussed their exceptional professional development and quality of life as Navy dentists.

The video also stressed the scholarship programs available to students in dental school and entering freshmen.

The eight-minute video will be mailed to recruiters and naval dental clinics as well as college juniors and seniors interested in attending dental school or entering the Navy.

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MN97193. New Boots Get New Boots

Washington, DC - Recruits are receiving the benefits of the Navy's extensive research and development program. In this case, ensuring comfort and successful training for Sailors are the goals, and the result of the research is new boots.

Designed by researchers at the Navy Clothing and Textile Research Facility in Natick, MA, the new boots are Chukka style and have the safety requirements needed in the Navy, but the added features - making life much more comfortable for Sailors - are more padding in the sole and the addition of padding around the ankles.

When SN Shaun B. Woodhams, reported to Recruit Training Command, Great Lakes, IL., in early December 1996, he was

issued the new boot.

Now assigned to the Navy's Ceremonial Honor Guard at Anacostia Naval Station, Washington, D.C., Woodhams continues to do plenty of marching, preparing for the many military ceremonies held in the nation's capital and around the country. But Woodham's feet are as comfortable today as they were in "boot camp."

"When you went through the fitting," Woodhams says, "they really took the time to fit you well. I think that made the difference. No one in my company ever complained about how they fit.

"They 'breathe' well," he adds, referring to the shoe's ventilation capabilities, a great value when Sailors are on their feet for long stretches. "And they take a great shine. In boot camp, there was a lot of salt on the roads and sidewalks during the winter, and I thought my boots were ruined with all the salt in them. Here at the Guard, they showed me how to clean them up, and now they shine like a mirror. I can see my face in them."

With all the news about ship hardware, computer technology and satellite communications, you might think that more earthly concerns were left behind, but that's not so. Even feet get priority attention when it means a more attentive recruit. With the emphasis on quality of life, this is one change which will ease the transition from civilian to Sailor - and help the newest recruits hit the deck running.

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MN97194. Navy Doc Rescues Rescuer

San Diego - Navy docs are used to coming to the rescue but usually not in a setting like this.

LCDR Timothy Shope, MC, was spending a quiet Sunday morning on the beach in Coronado, CA, with his young son when he saw a man with a bird on his shoulder struggling in the water offshore.

"He shouted three times and by the tone of his voice, I knew he was in big trouble," said Shope.

Shope jumped in the water and swam as fast as he could toward the stricken pair. He saw someone else in the water who took the bird away.

"As I closed in on him (the stricken man), I began talking to him," Shope said. "I told him he needed to remain calm. I would pull him in."

Shope said by the time he got the man to shore, a large crowd had gathered, including the man's worried family. Shope said that in the commotion, he found his son and the two of them headed home.

"I didn't consider it a big deal," he said. "I didn't even know the name of the man I'd rescued until I read the account in the Coronado Eagle (newspaper) and discovered they were looking for me."

The article identified the man as John Lanza, who was trying to rescue his escaped pet cockatiel, Trouble.

Trouble's clipped wings couldn't keep him airborne and he fell into the bay.

Lanza tried to rescue his pet but was overcome by exhaustion.

Enter Shope, who ended up rescuing the rescuer.

Lanza had only gotten Shope's first name, and asked the newspaper to help find him so he could thank him. Several people called the paper to identify "Tim" as Shope, a pediatrician at Naval Medical Center (NMC) San Diego.

Lanza and Shope met properly on the outdoor patio of Lanza's home recently. Conspicuously absent was the cause of the mishap, Trouble, who is so deeply traumatized by his ill fated flight that he refused to leave the house.
By Pat Kelly, NMC San Diego

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MN97195. Dental Plan Enrollees Don't Take Advantage of It

Washington, DC - Defense health officials are concerned that many service families who signed up for family dental care aren't actively participating in the program.

"Eighty-six percent of active duty service members have enrolled in the plan," said Air Force COL Marvin Bennett. "Unfortunately, only approximately 47 percent of those enrolled use the benefit."

The DOD consultant for dentistry said those who pay the monthly premium but don't follow up with an active dental care program miss out on one of the best dental plans available. "The family dental care program is extremely beneficial, comprehensive and affordable," Bennett said.

The plan, administered by United Concordia Colleges, Inc., costs \$7.19 a month for one and \$17.95 a month for two or more. It covers spouses and children of active duty service members. In addition to paying monthly premiums - automatically deducted from the service member's gross pay - enrollees receive two examinations, two cleanings, fluoride treatment, and X-rays free of charge. For other services, they're charged co-payments that range from 20 percent to 50 percent of total costs. The plan covers costs up to \$1,000 a year for routine dental care and \$1,200 lifetime for orthodontic care.

Congress is considering allowing DOD to expand the benefit to families based overseas, to include waiving co-payments, already a provision of DOD medical care overseas. Bennett said he hopes the overseas plan will be implemented Aug. 1.

By Douglas J. Gillert, American Forces Press Service

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MN97196. TRICARE Question and Answer

Question: I've heard that one of my benefits under TRICARE is I'll have a nurse advisor available to me. What specifically is a nurse advisor?

Answer: Nurse advisors are available to you by phone, in most regions, to provide advice and assistance that will enhance patient decision-making about their health care. They are available 24 hours a day, seven days a week, and can discuss treatment alternatives, symptoms, illness prevention or can advise whether a situation warrants immediate medical attention. The nurse-advisor is available to military families, active or retired, whether you are enrolled in TRICARE Prime or participate in TRICARE Extra or Standard.

Additional information on TRICARE and your military health care benefit is on the Department of Defense Health Affairs Homepage on the World Wide Web at www.ha.osd.mil.

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MN97197. Healthwatch: E. coli: Small Bacteria Can Mean Big Trouble

Thinking of becoming a vegetarian to avoid the microscopic menace *Escherichia coli* 0157:H7 (E. coli)? Well think again.

This bean-shaped bacteria is small in size but can cause big trouble for carnivores and vegetarians alike.

Originally E. coli was thought to result from incorrectly prepared meat, but according to HMC Andre Speller, senior medical department representative at the Navy Food Management, Norfolk, VA, meat isn't the only culprit. Scientists have found evidence of E. coli in vegetables, fruit, cider, and even ice.

Although it's hard to track the source, meat is likely to become contaminated during slaughter since E. coli is often found in the digestive tracts of even healthy animals.

Fruits and vegetables are probably infected by incompletely composted manure. It's not uncommon for farmers to allow healthy animals - animals with E. coli in their digestive tracts - to graze in fields and orchards, spreading the E. coli bacteria. Unpasteurized fruit juices made from contaminated fresh fruits may also carry the bacteria.

Most people who contract E. coli recover within ten days after suffering flu-like symptoms, including diarrhea and stomach cramps. However, 10 percent of those infected suffer kidney damage or failure, damage to the brain and red blood cells, and other complications. For the very young, elderly and people with fragile immune systems, E. coli poisoning can be fatal.

In an effort to combat this bacteria that is estimated to infect 20,000 and kill 9,000 each year, the Clinton administration unveiled new initiatives targeting E. coli and other foodborne illnesses.

"Our food supply is the safest in the world, but the nation has much more to do," said Vice President Al Gore, announcing a \$43.2 million program focusing on research, detection, education, and disease prevention.

The food industry is currently using new technologies

to kill bacteria including pasteurization for meat and fruit juices.

There are some steps that will help reduce the risk of E. coli food poisoning, including:

- Wash meats prior to preparation.
- Cook foods thoroughly. Make sure meats are well done.
- Wash fruits and vegetables, with a brush if possible.
- Wash hands before you start preparing food, after every interruption, and when you're done with the preparation.
- Keep kitchen surfaces clean.
- Don't let cooked food come in contact with raw food.

Commissaries now carry a Department of Defense brochure about E. coli, "Keeping You and Your Family Safe from E. coli 0157:H7." It provides other helpful hints about preventing E. coli contamination.

By Kimberly Allen, Bureau of Medicine and Surgery

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.

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